

Pregnant?
Plan for a
Healthy
Future

A woman with a DSHS Medical Assistance ID card can get a wide variety of pregnancy-related services. There is help obtaining:

- Doctor or health care provider
- Social services in your area
- Counseling about your needs
- Visits for self care and nutrition

If you are not sure what to do, First Steps staff at your DSHS Community Services Office (CSO) can help you learn more about your choices.

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Medical Assistance Administration

For information and referral services